

## 2019: RPAC SENIORS CLUB RECORDS, PERSONAL BESTS AND UK TOP 100 RANKINGS

Using data from the RPAC website, Power of 10 and Run Britain, listed below are details of the club records, personal best performances and top 100 UK rankings of RPAC senior members in the calendar year 2019.

### New club records: Track & Field

#### Track

100m	Male V55	Malcolm Woodman	16.6 s	29/04/2019
100m hurdles	Ladies U23	Anousha Wardley	18.83 s	07/09/2019
200m	Ladies U23	Anousha Wardley	31.41s	07/09/2019
	Male V55	Malcolm Woodman	34.1s	21/05/2019
400m	Ladies V40	Joanna Davey	65.9s	29/04/2019
	Ladies V60	Annette Morris	98.8s	29/04/2019
	Male V45	Gavin Lawrence	61.5s	29/04/2019
800m	Ladies V40	Joanna Davey	2m 20.8s	13/07/2019
	Ladies V60	Annette Morris	3m 32.6s	20/05/2019
	Male V60	Mike Pocock	2m 37.7s	20/05/2019
1500m	Ladies Senior	Jamilla Ncaciyana	5m 31s	04/09/2019
	Male V45	Gavin Lawrence	4m 52.5s	29/04/2019
1 mile	Ladies V40	Joanna Davey	5m 29.5s	08/07/2019
	Male V45	Stephen Smith	6m 26.3s	08/07/2019
	Male V55	Dave Rayner	5m 49.6s	08/07/2019
3000m	Ladies V40	Ginevra Stoneley	10m 48.5s	17/08/2019
	Ladies V60	Annette Morris	14m 32.3s	20/05/2019
	Ladies U20	Eloise Bull	11m 26.6s	03/08/2019
5000m	Ladies V35	Linda Rodriguez	23m12.4s	02/10/2019
	Ladies V40/all	Ginevra Stoneley	18m 46.5s	04/09/2019
	Ladies V60	Kate Knight	35m 43.9s	02/10/2019
	Male V 40	Fran Dunham	16m 07.6s	02/10/2019
	Male V45	Gavin Lawrence	18m 08.9s	02/10/2019

**Field**

High Jump	Ladies U23	Anousha Wardley	1.40 mtr	17/08/2019
Long jump	Ladies U23	Anousha Wardley	3.98 mtr	08/09/2019
	Ladies V40	Ginevra Stoneley	2.32 mtr	20/05/2019
	Male V55	Malcolm Woodman	2.89 mtr	08/07/2019
Triple Jump	Male V55	Malcolm Woodman	7.17 mtr	20/05/2019
Pole Vault	Ladies U23	Anousha Wardley	3.06 mtr (i)	26/01/2019
Shot Putt 5K	Male V55	Moray Laing	12.63 mtr	28/07/2019
Discus 1.5K	Male V55	Moray Laing	26.69 mtr	23/08/2019
Heptathlon	Ladies U23	Anousha Wardley	2455 points	08/09/2019
Shot Putt	Male V45	Stephen Smith	7.71 mtr	29/04/2019
Javelin	Male V45	Stephen Smith	25.62 mtr	08/09/2019

**New club records: Road**

<b>Distance/Event</b>	<b>All / Age Group</b>	<b>Name</b>	<b>Time/Distance</b>	<b>Date</b>
10K	Ladies U20	Eloise Bull	43m 53s	15/09/2019
	Male U23	Freddie Roux	36m 06s	19/10/2019
10 miles	Ladies V60	Annette Morris	1hr 31m 01s	02/06/2019
HM	All/Ladies V45	Ginevra Stoneley	1hr 25m 01s	08/12/2019
	Ladies V50	Alice Smith	1hr 33m 02s	24/02/2019
	Ladies V60	Annette Morris	2hr 15m 52s	29/09/2019
	Male V40	Fran Dunham	1hr 12m 52s	07/04/2019
	Male V45	Rick Coles	1hr 18m 57s	07/04/2019
Marathon	All/Ladies V40	Ginevra Stoneley	2hr 58m 59s	28/04/20129
	All/Male Senior	Tom Almond	2hr 36m 10s	01/12/2019
	Male V35	Charlie Butcher	2hr 37m 31s	28/04/2019
	Male V40	Matt Ryde	2hr 36m 25s	01/12/2019
	Male V45	Matthew Aylott	2hr 40m 33s	29/09/2019

## Numbers of Personal Bests, by event

(too many to detail by name, but you know if you're one).

### Track

100m	2
200m	1
400m	3
800m	3
1 mile	1
1500m	3
3,000m	5
5,000m	11
10,000m	12

### Field

High Jump	1
Long Jump	2
Triple Jump	1
Shot Putt	2
Discus	2
Heptathlon	1

### Road

5K	8
10K	27
10 miles	10
Half marathon	22
20 miles	2
Marathon	18
parkrun	25

## UK TOP 100 RANKINGS (excluding parkrun):

### Ladies

Joanna Davey	400m	V40: 18 <sup>th</sup>
	800m	V40: 2 <sup>nd</sup>
	1500m	V40: 10 <sup>th</sup>
	1 mile	V40: 4 <sup>th</sup>
	5000m track	V40: 17 <sup>th</sup>
Annette Morris	400m	V60: 33 <sup>rd</sup>
	800m	V60: 39 <sup>th</sup>
	1500m	V60: 35 <sup>th</sup>
	3000m	V60: 27 <sup>th</sup>
Ginevra Stoneley	200m	V40: 53 <sup>rd</sup>
	1500m	V40: 24 <sup>th</sup>
	3000m	V40: 18 <sup>th</sup>
	5000m track	V40: 14 <sup>th</sup>
	5K	V40: 39 <sup>th</sup>
	10 miles	V40: 72 <sup>nd</sup>
	Half marathon	V45: 19 <sup>th</sup>
	Marathon	V40: 23 <sup>rd</sup>
Anousha Wardley	Pole Vault	U23 19 <sup>th</sup>

## Men

Matthew Aylott	10000m	V45: 20 <sup>th</sup>
	Marathon	V45: 46 <sup>th</sup>
Graham Bull	5000m	V55: 48 <sup>th</sup>
	Half marathon	V55: 67 <sup>th</sup>
Rick Coles	10 miles	V45: 83 <sup>rd</sup>
Fran Dunham	5000m	V40: 54 <sup>th</sup>
	10K	V40: 67 <sup>th</sup>
	Half marathon	V40: 59 <sup>th</sup>
	Marathon	V40: 76 <sup>th</sup>
Moray Laing	Shot Putt 6kg	V55: 33 <sup>rd</sup>
	Discus 1.5kg	V55: 40 <sup>th</sup>
	Javelin 700g	V55: 12 <sup>th</sup>
Gavin Lawrence	400m	V45: 73 <sup>rd</sup>
	High Jump	V45: 88 <sup>th</sup>
	1500m	V45: 96 <sup>th</sup>
Michael Pocock	800m	V60: 32 <sup>nd</sup>
	3000m	V60: 36 <sup>th</sup>
	Marathon	V60: 45 <sup>th</sup>
David Rayner	800m	V55: 93 <sup>rd</sup>
Matt Ryde	Half marathon	V40: 75 <sup>th</sup>
	Marathon	V40: 70 <sup>th</sup>
Stephen Smith	Shot Putt 7.26kg	V45: 94 <sup>th</sup>
	Javelin 800g	V45: 71 <sup>st</sup>
Malcolm Woodman	Long Jump	V55: 68 <sup>th</sup>
	Triple Jump:	V55: 52 <sup>nd</sup>